

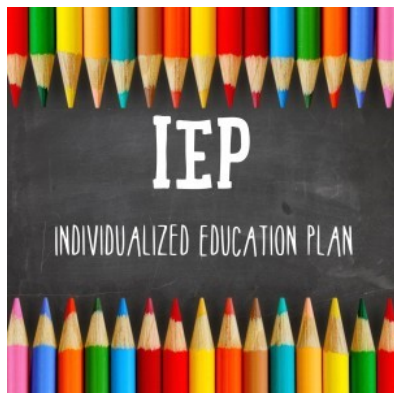


## Island County Parent to Parent Newsletter

### *IEP and 504 Plan "In-Depth"*

*Beyond the Basics* Presented by Jen Cole from WA PAVE

Friday, September 13 5:30-7:00pm  
at Aptitude Habilitation Services in Oak Harbor



Increase your knowledge regarding IEPs and 504 Plans. This in-depth presentation goes beyond the basics of special education and gets into the details. Find out more about Behavior Plans, Evaluations and Accommodations. Knowledge empowers you!

Great information and resources for families and education providers. Every year your child may face different challenges. Now is the time to ask questions and be prepared for your next IEP meeting.

To RSVP contact Tiffany Wheeler-Thompson  
(360)632-7539 call/text A special Thank You to  
WA PAVE and Aptitude Habilitation Services for  
donating their time for this workshop and space.

Free childcare offered by local ABA providers,  
limited spots available. To reserve childcare, email  
[smartin@aptitudeservices.com](mailto:smartin@aptitudeservices.com)

### Coffee & Conversations

Coffee & Conversations starts back up in September. Sit and relax with beverage, a delicious pastry and great conversation. You'll meet up with others that "get it". Understand the highs, lows, myths and realities of raising a child/adult with special needs. Drop in any time, very casual.. Support & resources are always available. Great way to meet new people, set up play dates or enjoy adult time away from doctors, school & therapy.

Two options offered on Whidbey, one in the North, one in the South

Oak Harbor - 1st Wednesday of the Month 11am-Noon

Whidbey Coffee, Next to Wendy's

Langley - 1st Friday of the Month 10- 11am

Flower House Café at Bayview Garden & Farm 2780 Marshview Ave, Langley



# Parent to Parent and Whidbey Playhouse are Proud to Present:



## Sensory Friendly Opportunity

Date:

Tuesday, November 26th

Location:

Whidbey Playhouse 730 SE  
Midway Blvd, Oak Harbor

Time:

7:30pm—8:45pm  
Pictures with Santa 5:30pm

**Parent to Parent and Whidbey Playhouse are pleased to announce the first sensory friendly musical offered to families with Special Needs/Disabilities of all ages, all abilities, in Island County.**

Elf Jr. The Musical will offer a chance for a family to experience family fun at a theater without judgement, and with acceptance. To reserve your **FREE** tickets call/text Tiffany (360)632-7539.

- ♦ Santa Pictures (5:30-6:45pm)
- ♦ Sensory/Quiet area
- ♦ Interactive Hot/Cold Chocolate Stand, Gluten Free Options
- ♦ Lights will be dimmed (but not down) and sound will be lowered.

Limited seats. RSVP NOW! (360)632-7539 call/text. Total time 1 hour and 15 minutes, with intermission. This will be Parent to Parent's Holiday Party this year. The Playhouse will open at 2:30pm that day for those that want to do a walk through, get a lay of the land to relieve any anxieties. This evening will also be press night. A great experience for all.



For more information or get your FREE tickets, contact  
Tiffany Wheeler-Thompson, Parent to Parent Coordinator  
(360)632-7539 call/text email: t.wheeler-thompson@co.island.wa.us

# Community Transition & Resource Fair

Supporting individuals and families that experience developmental disabilities

*Information/Resources/Employment Information*

**Tuesday, October 8th 5:15pm-7:30pm**

**Oak Harbor Student Union Building #1 Wildcat Way, Oak Harbor**



Public Schools of Whidbey Island are offering an evening with presentations and over 20 booths of information on recreational activities, employment, adult services, & more.

Dinner with Gluten Free and Vegetarian Options Served

Questions: Susan Armstrong [sarmstrong@ohsd.net](mailto:sarmstrong@ohsd.net) or Mike Etzell [mikeet@co.island.wa.us](mailto:mikeet@co.island.wa.us)

## Parent to Parent Halloween Dance Party!!!



**When:** Saturday, October 26<sup>th</sup>  
12:00pm-2:00pm

**Where:** Coupeville Rec Hall  
901 NW Alexander St, Coupeville

**Bring your Family and Friends! All Ages, All Abilities.  
Potluck, Dancing, Arts & Crafts, Fun for ALL!**

**New Feature: Face Painting by volunteers  
from Whidbey Playhouse**

Costumes are encouraged, not required (Nothing Scary Please)



Questions? Tiffany (360)632-7539 call/text  
email: [t.wheeler-thompson@co.island.wa.us](mailto:t.wheeler-thompson@co.island.wa.us)



## ISLAND COUNTY COMMUNITY PREPAREDNESS EXPO

On **Saturday 14 September, 2019** the Island County Department of Emergency Management will be hosting an Community Preparedness Expo/Workshop.

**Location:** North Whidbey Middle School

**Address:** 67 NE Izett St.  
Oak Harbor, WA 98277

**Event Time:** 10:00AM-3:00PM

This is the third year for this event and it continues to get bigger and bigger. The Expo/Workshop will start in the auditorium with an opening presentation covering general preparedness and introductions of the various displays and subject matter experts. The displays will be mainly in the adjacent gymnasium and auditorium. We will have a couple outside as well including a Search and Rescue helicopter and equipment.

There will also be demonstrations from our Community Emergency Response Teams (CERT) and local First Responders. In addition, we will have a food truck on site to provide food and refreshments.

Valuable information and education to the community with displays and answer questions. Thank you,

**Eric Brooks, Director,** Island County Department of Emergency Management

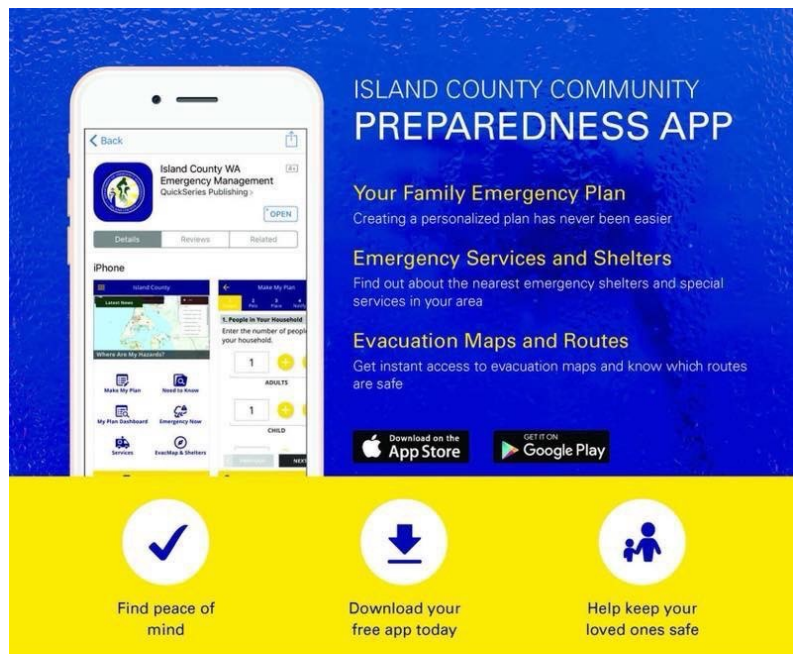
Mobile: 360-632-3547 Office: 360-240-5572

Another App that has been suggested by the Camano Preparedness group is Show Me Emergencies. There are several websites that can assist you in preparing for natural or man-made disasters for those with special needs.

♦ **Preparing for Disaster for People with Disabilities and other Special Needs by FEMA (Federal Emergency Management Agency) and American Red Cross.**

♦ **Emergency Preparedness Tool Kit for People with Disabilities.**

For more information, future trainings and/or events, contact Island County Emergency Management (360)240-5572



**ISLAND COUNTY COMMUNITY PREPAREDNESS APP**

**Your Family Emergency Plan**  
Creating a personalized plan has never been easier

**Emergency Services and Shelters**  
Find out about the nearest emergency shelters and special services in your area

**Evacuation Maps and Routes**  
Get instant access to evacuation maps and know which routes are safe

Download on the **App Store** | GET IT ON **Google Play**

Find peace of mind | Download your free app today | Help keep your loved ones safe

Download Your Ready Island County Community Preparedness App

1. From your mobile device internet browser, go to: <http://readydl.com/island-county>
2. Select "App Store" if you're using an iPhone or "Google Play" if you're using an Android smartphone
3. Click on **GET**
4. Launch the app





Ready, Set, KNOW...

# Emergencies Happen Are You Prepared?

When it comes to emergencies, basic needs for survival are the same for everyone: first aid, food, clean water, batteries, shelter, communication. If you or someone you know has a disability, basic needs can also include:

- ✓ power for electric-dependent equipment
- ✓ accessible shelter and transportation
- ✓ back up personal care
- ✓ provisions for service animal
- ✓ medication and medical supplies

While individual needs and circumstances vary, one thing is for sure: it's not a question of *if*, but *when* an emergency will happen. Take steps today to prepare for tomorrow.



## Get Connected

**First Responders:** In the event of an emergency, the fire department is usually the first to respond. Do not wait for an emergency to call and let them know if anyone in your home has mobility challenges, medical conditions, or other considerations that are important for first responders to be aware of. If something occurs at your address, their responders will be prepared with the aide and equipment you need. While you're on the phone, take the opportunity to ask them for information on emergency preparedness and where to go for information on accessible emergency shelters and evacuation plans.



**Map Your Neighborhood:** Do the people in your neighborhood or apartment building know how to respond during the hours or days before fire, medical, police, or utility responders arrive? The *Map Your Neighborhood* program guides you and your neighbors through simple steps to help enhance your preparedness for an emergency. It's a great way to get to know your neighbors and make those important connections. Learn more here: <http://mil.wa.gov/emergency-management-division/preparedness/map-your-neighborhood>.

**Utilities and Other Services:** Make a list of utilities and communications services you use. Find and follow them on Twitter or Facebook for updates on outages, delays, and notices. Some have outage apps to download now, for use when you need it. Do the same for city and statewide agencies (such as the Department of Transportation) that can provide updates on road conditions, evacuation locations, and information specific to your area.

## Create a Plan

Emergencies and disasters may force you to evacuate or stay in place at work, at home, or out in the community. Create a personal emergency response plan that identifies what you will need, how you will communicate, and where to go if you have to evacuate.

If you receive services from the state (such as DDA), talk to your case manager about back-up care options and what you can expect from the agency in an emergency.



### Disability-Related Planning and Preparedness Resources

**READY:** [ready.gov/individuals-access-functional-needs](http://ready.gov/individuals-access-functional-needs)

**Red Cross:** [redcross.org/prepare/location/home-family/disabilities](http://redcross.org/prepare/location/home-family/disabilities)

**Washington State Independent Living Council:** [wasilc.org/InclusiveEmergencyPreparedness.html](http://wasilc.org/InclusiveEmergencyPreparedness.html)





Island County Parent to Parent: Tiffany Wheeler-Thompson

PO Box 5000, Coupeville, WA 98239

(360)632-7539 call/text

t.wheeler-thompson@co.island.wa.us **New Email Address starting October 2019**

t.wheeler-thompson@islandcountywa.gov

**Check out our website.** Archived newsletters and our Special Needs Resource Guide

www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx Like us on Facebook for updates on events and resources in our community. www.facebook.com/islandcountyparent2parent

## Support, Social & Advocacy Groups

### Coffee & Conversations

A drop in support offered north and south.

North - Whidbey Coffee next to Wendy's in Oak Harbor on the

**1st Wednesday of the month. 11-Noon**

South - Flower House Café at Bayview Farm and Garden, Langley

on the **1st Friday of the month. 10-11am.**

Call Tiffany for details **(360)632-7539**

### **PAMI Padres Apoyando Motivando Informando**

Grupo de apoyo en Español para familias de niños con necesidades especiales. **Primer Martes** de cada mes. Laiza **(787)529-6788**

### **Whidbey Functioning Autism Social Group**

We are an informal group that provides support, information and social fun for individuals on the Autism Spectrum. Contact Todd Brehmer **fineart@whidbey.net**

### **People First**

Adults with disabilities that want to meet others with disabilities, build friendships, and promote inclusion in their community.

Meets **2nd Thursday of the Month** in OH. Contact Mike Etzell for more info **(360)678-7883.**

### **Heritage Adventurers**

A friendship group adults ages 18 and over meets for outing and events. Their various abilities and different ways of learning and sharing make it a fun group to be with. If you are 18 and over, looking for friendships and adventures, call Kelsey's mom,

**Sue Andrew (360)321-5748**

### **Flying Fingers**

Meets first Friday of the Month at United Methodist Church in Langley. 5:45-6:45pm. Meet deaf and hearing people, great way to be introduced to sign language. Call **Susan (360)221-0383**



A great way to meet new people and be active is join Special Olympics. Various sports, on North Whidbey, South Whidbey and Stanwood for ages 8 and up with a disability. Bowling starts the end of August in Oak Harbor. Basketball starts in November in OH, Freeland and Snohomish County. For Oak Harbor Sports,

Contact Chris Becker wispecialolympics@gmail.com. For South Whidbey Sports, contact Mike Etzell (360)678-7883. For Camano Sports, Contact Punkie Doyle Snohomishad@outlook.com

## ChildFind Contacts and Dates

**What is ChildFind? Free Screenings Ages 3 and up to Check**

**Vision, Language, Emotional, Self Help, Speech, Hearing, Social Skills, Motor Skills, Problem Solving and Cognitive Skills**

#### **Oak Harbor School District**

**(360)279-5928**

September 6, 2019

November 1, 2019

January 10, 2020

February 21, 2020

April 17, 2020

#### **Coupeville School District**

**(360)678-2420**

September 20, 2019, October 18, 2019

November 15, 2019, December 13, 2019

January 17, 2020, February 21, 2020

March 21, 2020, April 17, 2020

May 15

#### **South Whidbey School District**

**(360)221-6808x2206**

October 16, 2019

January 15, 2020

April 15, 2020

#### **Camano/Stanwood School District**

**(360)629-1236**

**For Ages Birth to Three Call:**

**Whidbey Island Toddler Learning Center**

**(360)679-1039**

**Camano Island Sherwood Community**

**Services (425)334-4071**